A Rosary for Life: The Luminous Mysteries

Pope John Paul II has given us two great gifts: the mysteries of light as a part of the Holy Rosary, and the Gospel of Life in his great encyclical Evangelium Vitae. The following meditations on the mysteries of light are offered as a prayer for all life, from conception to natural death.

First Mystery of Light

Baptism in the Jordan

Prayer Intention: That all baptized Christians will be open to the Holy Spirit and bear witness to the sanctity of life.

The Lord Jesus is Baptized in the Jordan River by John the Baptist, as a voice cries to us from the heavens: “This is my beloved Son, hear him!” Let us listen to Christ and, with his grace, work for the protection of every person from conception to natural death.

Our Father…

Holy Mary, Mother of Life: Bless each unborn child, with the abundance of your love...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Nurture the unborn child and make him stronger each day...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Protect the unborn child from all selfishness and sin...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Embrace the unborn child, with the tenderness of your love...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Fill the heart of each unborn child with a love for your Son...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Fill the heart of each unborn child with the wonder of God’s love...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Remember new fathers, whose hearts are afraid: make them strong...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Remember new mothers tempted by abortion...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Stand by grandparents of each child in the womb...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Comfort those whose unborn child has died...
Hail Mary, full of grace…

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

The Second Mystery of Light

The Wedding Feast at Cana

Prayer Intention: For all husbands and wives, that they treasure the priceless gift of married love by generously accepting children through procreation and adoption.

When they had run out of wine, Jesus blessed water and turned it into wine. May Jesus transform the darkness of sin and death in the proclamation of the Gospel of Life.

Our Father…

Holy Mary, Mother of Life: Help us to Keep your words: Do whatever he tells you...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Be with all newly married couples...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Lead all newly married couples to Jesus, your Son...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Inspire those who prepare for marriage with your faithful love...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Intercede for all couples in the first year of their marriage...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Rejoice with us in the gift of married love...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Be present with all the saints and angels at every wedding...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Stand vigil with parents by the sick bed of their child...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Be with each child on the day of First Communion...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Inspire each parent with your unselfish love...
Hail Mary, full of grace…

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Third Mystery of Light

Proclamation of the Kingdom of God

Prayer Intention: That those who pray and work for greater respect for human life will be guided by the Beatitudes and reveal the face of Christ to others.

Jesus called the crowds to conversion, proclaiming that the Kingdom of God is at hand. May this world choose life and turn from all that leads to darkness and death.

Our Father…

Holy Mary, Mother of Life: Pray for all new mothers in need of your example...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Pray for all new fathers, that they might be like Saint Joseph your spouse...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Stand by all godparents who seek to lead their children to your Son...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Inspire the Church to follow your example of holiness of life...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Inspire us that we might turn from sin, and be faithful to the Gospel...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Intercede for parents who do not believe in your Son...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Cradle each little baby in your loving embrace...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Stand vigil by the cribs of crying infants...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Intercede for parents tempted by fear or despair...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Remember new parents confused or alone...
Hail Mary, full of grace…

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Fourth Mystery of Light

Transfiguration

Prayer Intention: That our world will be transfigured by the witness of faithful Christians so that all may understand the priceless value of every human being.

The Lord Jesus led Peter, James and John with him to the top of the mountain where he was transfigured in light, and his garments shown whiter than snow. May Christ’s glorious light shine on all who dwell in the shadow of darkness and sin.

Our Father…

Holy Mary, Mother of Life: Show us the sacredness of newborn life in Jesus your Son...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Brighten our hearts with the joy of those who see new life...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Through the darkness of sin, lead an aching world to the light of your Son...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Be at the cradle of each newborn child...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Guide the hands and hearts of obstetricians and those who help them...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Hear the cries of women in painful labor...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Cradle each stillborn child in your maternal tenderness...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Weep with us at the wonder of new life...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Stand vigil with every expecting father...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Be present in each neo-natal unit...
Hail Mary, full of grace…

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Fifth Mystery of Light

Institution of the Eucharist

Prayer Intention: That through our worthy reception of the Eucharist and frequent Eucharistic Adoration, Jesus will teach us to love sacrificially the least and neediest among us.

On the night before he suffered, he took bread, blessed it, broke it, gave it to his disciples, and said, Take this, all of you, and eat it. This is my body.. When supper was ended he took a cup filled with wine, gave it to them, and said, Take this, all of you, and drink from it, for this is the cup of my blood. Strengthened by the Holy Eucharist, may we work to proclaim the Gospel of life and defend all who are endangered by the culture of death.

Our Father…

Holy Mary, Mother of Life: Give your courage to newly pregnant mothers...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Intercede for those fearful of a child’s impending birth...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Hasten to pray for all expectant parents...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Stand by the relatives and friends of all expectant parents...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Remember those forgotten by the world...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Bless all who shelter pregnant mothers...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Watch over children abandoned or uncared for...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Look with compassion on single mothers who expect a child...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Be a model of expectant joy for all your children...
Hail Mary, full of grace…

Holy Mary, Mother of Life: Hasten to proclaim the fruit of your womb to all peoples...
Hail Mary, full of grace…

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.